



**Students
outfitted
with 100+ costumes
by students
create costume
Page 3**

SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



**Winter
movies
President
Zack or
Natalie
Page 7**

WEDNESDAY, DECEMBER 16, 2009

CHAMBERS COLLEGE, ALEXANDRIA, LA.

WWW.SPOKEONLINE.COM

42011 ISSN: 1062-14

Shaving heads for charity

BY ALICE WILLE

Chambers Regional Police were joined by friends, family and members of the Galactic Empire for the annual Cops for Cancer event on Dec. 1.

The local fundraiser was hosted by the Chambers Cancer Society at Chambers City Hall, one of the many event locations throughout Ontario.

Officers from the Waterloo Regional Police Service participated in the fundraiser. According to the Canadian Cancer Society's website, it is a tradition every year for the participating officers to collect pledges from co-workers, friends, family and the local community to collect money funds for cancer awareness.

"This year we've specifically donated all the funds raised to children's cancer research," said Auxiliary Const. John Klinger.

Once all the money was collected and counted, the top 10 officers with the most money raised got to show their support for cancer awareness by getting their head shaved. Klinger was one of the winners.

"This is my second year doing this event," said. "My dad was diagnosed with cancer so that was the first year I decided to shave my head in support of him."

This past Cops for Cancer also included a school section, a shave off a chance to win a dinner with Chief of Police Roy Van Lekker of the Waterloo Regional Police Service, a one-



Const. Klinger and his Stormtroopers stand guard as volunteers from the community get their heads shaved during the Cops for Cancer event, Dec. 1.

act by Chambers and a dual "Dad," where people were thrown into a mock cell and an "officer" only after putting a certain amount of donations.

March 10, 2010, two Stormtroopers and Astronauts 33-43 of the Galactic Empire were also an addition to show their support for cancer

awareness from a galaxy far, far away.

There were many volunteers for the Canadian Cancer Society's "Helping out at this year's event, one of whom was a former cancerous himself, Jim Constable." Jim, the officer, "is really a fast time volunteer for the Cops for Cancer event. He has prostate cancer, and shortly after was diagnosed with it in 2001."

"Ever since my cancer was removed, I go on for a PSA (prostate-specific antigen) test every six months. So far, all of my tests have been clear," he said.

Constable and his family have experienced the physical, social and mental stresses of cancer. His mom goes back to those who like him, have been touched by cancer in a direct or indirect way.

For more information about the Canadian Cancer Society or the Cops for Cancer events, visit www.cancer.ca.

Parking is expensive, so are tickets

BY ROBERT LAMER

Parking at Chambers is expensive because it isn't business in getting parking permits for half the price of those at the college.

David Cane, a third-year general arts and sciences student, spoke to the owner of Manzo King last month about possibly purchasing one of his parking lot permits. The permit is located near the college across Homer Watson Boulevard.

"It's \$200 bucks for the per-

mittee paper. So as soon as you return the permit when you do it, you get the \$2 back," he said.

Cane ended up purchasing a parking permit from the school after being told the price, said by Chambers Parking Services and again by the City of Bathurst who he parked at the McLeanside Homer Watson Boulevard. He chose not to purchase the cheaper permit from Manzo King because it was worried about the legality.

Const. Michaela, a sophomore safety manager at

Chambers College's Parking Services, had concerns about the offsite parking. "It is not a permit lot," she said. "There is not a lot of lighting, (it's) not a good place to leave your car."

Michaela and others overcame thoughts of wanting to leave their car at the school over the year and that they all crossed up within two weeks.

To accommodate students' warnings, were placed an extra

space before an actual ticket was given. Parking Services also reduced the weekly rate from \$40 to \$300 for students remained in the parking lots.

Casey VanKleunen, a se-

niest-year media broadcast stu- dent, was parked \$120 for parking without a permit.

"I attempted to buy a parking pass and I didn't get it deducted on the first week, so I was like 'OK, I might just wait it out,'" said VanKleunen. "I just didn't get it and I got fine tickets in two weeks."

Michaela said there are many traps in small details and that Parking Services encourages students to take the bus, the shuttle or to carpool.

"You can put up to three vehicles to one pass so if you need people to your classes and you

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you were given \$100 everyday but
couldn't spend it on yourself, what
would you spend it on?



"Family because I know
what my friends would do
with the money."

Robert Hansen,
second year
electrical technology/technology

"Family."

Amelia Elliot,
first year
wood technology



"I would buy coffee for my
friends everyday."

Nigel Key,
second year
business marketing

"Would donate to the
food bank."

Blair Abbott,
second year
premed business



"I would give it to my family
because they have done so
much for me."

Karen Kowalewski,
first year
business administration



"I would give it to people
in my friends' circle to go
towards their education."

Kayla Brown,
second year
protective security
minor police



Photo Courtesy: www.conestogacollege.ca (and uncredited)

FERBET CARTOONS



Photo Courtesy: www.ferbet.com

JUVENILE VISITS DOON CAMPUS



Photo: The Adonis squirrel, created by former Adonis of Doon member on April 20. The Adonis was brought to the cottage along with other animals and reptiles by Zoo To You, a small travelling zoo that goes to over 1000 parties, schools and reunions across Ontario. Price is just eight years old, the lifespan of an Adonis squirrel Adonis is up to 1000 years.

Minimum wage isn't enough

The minimum wage increasing in Ontario from \$11.25 to \$12.50 per hour is great for workers with a part-time job. However, I did not see an increase and many of you might not have either. I did not get a raise because I already make more than the minimum wage working as an assistant manager at Tim Hortons, and I can tell you that an extra 15 cents isn't going to help much. In fact, an extra dollar an hour isn't going to be a lot of change.

Having a student or couple at home including doing 20 or so hours of school each week, another 20 in our part-time jobs, and then the extra few hours spent working on assignments from home. Yet we are expected to pay for our vehicles, groceries, rent, food, bills and more. Tim Hortons will fire you, so we just keep adding a little bit more into debt.

"What about parents making minimum wage, according to support their children?" It is a



**Roberta
K. O'Leary
Opinion**

benefit parents will pull them above the poverty line. People make this the benefit of minimum wage of \$11.25 per hour per week and hope fully child support as well, however it is still a constant struggle regardless of whether they are on government assistance or working full time making the new minimum.

I believe that the Blue Decade was right when they said the minimum wage should be raised to \$12 per hour, and not just because that is more than I am making right now.

Many Canadians believe that a minimum wage of \$12 an hour would greatly benefit the economy by lowering staff turnover rates, increasing

production and ending more money through the economy. It would also raise all workers who are above the poverty line, which only seems fair. The low income line in Canada is \$15.65 USD. Working 40 hours a week in the new state wage would generate savings of \$3,770.

I think it is important that the minimum wage increases simultaneously with the cost of living and the inflation of the dollar.

I also think the minimum wage should be a negative issue. I am not for the say prices to double 40 hours a week and not make enough money for their food, shelter and transportation. Yet many people are not working these paychecks to pay for their living costs due to a accommodate a lower than living lifestyle. Maybe there should be a minimum wage. The money paid over and above that could be used for the minimum wage increase.

Water wars

By SPONGE PARADE

It is hard to believe a game of corporate aqua is water war. Unfortunately that is the case.

North Wests Canada is fighting to get water-taking permit removed at Almonte's attack of being opposed by residents and environmentalists. The reason? Not only are the residents worried for their future drinking water supply but the residents' North water is more expensive than the one you get at price per. The company only pays a meager \$2.71 per acre-millile when it extracts from wells. Yet the government is allowing that business to not only continue on the area despite, but thrive.

It is for this very reason that environmentalists have come forth to take action. Creating the slogan "water should be for life, not for profit," these people have taken it upon themselves to advocate for change.

The major issue, however, is that even though North's permit request on July 11, they are not being allowed to extract water. And, residents don't know how long the water will last.

Another interesting aspect is North continued to extract water from the wells as northern Ontario despite being fully aware that the region was suffering from severe drought.

Moreover residents were never consulted when North was given an extensive extension with regards to the permit.

In the end of all the commotion, the company maintains that it is committed to maintaining a capped rate of extraction. But, is that in the case, why didn't North officials talk to residents about these general removal requests?

The only bright of light has been the former environmental commissioner, Helen Sherkow, who has spoken against the Liberal's inaction. She also pointed out that not even half of the government's total water-quality management responsibilities is being exercised from the company.

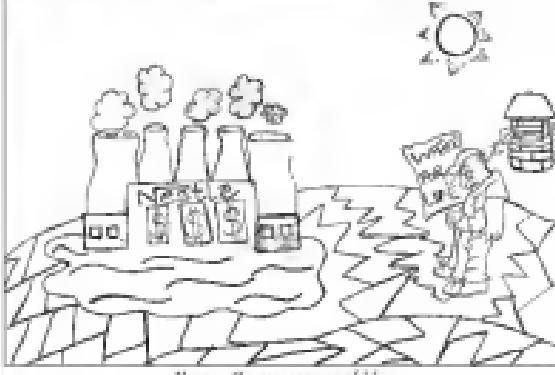
This is not the first time that the government has shown so much leniency. Not a single government has updated the Water Act, which was established in 1989 despite people's calls for action. Just imagine the amount of groundwater that has been extracted over these years and from wells that has affected the water table. While everybody's focus is on the oil sands, North's keeps rolling in the drought not bearing in mind the destructive effects of its actions. It is completely preposterous that the company is taking water and clean water from wells and selling it in the profit in plastic bottles for a healthy profit.

The point being, representing the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be considered for publication. No unsigned letters will be published. Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 206 Queen Victoria Dr., Room 4200, Kitchener, Ont., N2B 2M4.

From 500 words
Spoke reserves the right to edit
any letter
for publication.
Address correspondence
to:
The Editor, Spoke, 206
Queen Victoria Dr.,
Room 4200, Kitchener, Ont.,
N2B 2M4



Money - the new essence of life.

The newest religion is no religion

James
Wright
Opinion



A recent study done by National Geographic reveals religion as quickly becoming an unimportant part of people's lives. Finally, this doesn't surprise me.

I grew up with religion. I did the whole going to church on Sunday, saying grace before dinner and praying every night before bed. When I was a baby my parents had me baptized. I was to a Presbyterian church until I was around 18 or 19 years old. I learned about God, Jesus and all the great stories from the Bible. I grew up with long "Vergo Tales" which included both moral and religious principles on these stories.

All of this being said, people change. I really believed in God, I still do. I believe in God in hell, however, as I get older, the nature of religion seems much with me.

Now when I say I am not religious that doesn't mean I don't believe in anything. In fact, I actually believe in being more spiritual, putting my faith in humanity and nature rather than believing in a religion.

Religion is an old and established in the history of humanity that I am ignorant of it being as old as it is day

now. Religion was there to teach us how to coexist, how to respect and care for each other. Through history, religion has been created and corrupted by those who seek to use religion for their own malicious means.

With political issues, people don't care less about all issues subject to the use of religion in a hateful manner Christianity and Islam, the two biggest religions in the world, are perfect examples of how a faith can be misused. Both religions have had their names with mass use and political as the most controversial ways possible. Some say these people are not following religious teachings. I say it is just human nature.

Should we believe in God? Should we be so unthinking and believing in our own humanity and living in our fullest potential?

We have evolved, progressed and changed.

we saw through history, continually upgrading our technology from sticks and stones to nuclear weapons, cars and more on other planets. When we come to upgrade something, we upgrade it, whether it's housing, health care or cell phones. The last thing that has never been upgraded is religion. However, we have upgraded our own ways that we class as "better" as "more personal."

Religion has had a hold on us for a long time. We are even looking to leave the "one world" that "God created" (Blue Moon, the founder of Blue Moon, wants to make our world as it is open to other planets using walk-blades. If that was meant to be my one true home created by God, then why are we so close to leaving it?

I am thankful for religion, signs are high when we travel at the most - on the darkness of times as human history. But, we are evolved as a species and we can take all we need as could have been of this religion. Instead of focusing on an ideology we should worry about our home, our world and our hope and our future.

SPROKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

Editor-in-Chief
Assignment Editor Scott Masters

Production Manager Abby Universo
Mass Media

Social Media Editors Victoria Pichard, Wendy
Hewitt, Krista Matisse, Lindsay

Spoke 1 editor-in-chief Scott Masters, Krista Matisse
Victoria Pichard, Wendy Hewitt, Krista Matisse

Advertisement Manager Jennifer Holmes
Bookstore Editors: Jennifer Holmes,
Alyssa Belotti

Photo Editors (partly) Kristy Fawcett, Amy
Fisher, Jessica Hall,
Photo Editors (partly) Meghan Hartwell,
Caitlyn Proctor, Kristy Fawcett

Faculty Supervisor and Advisor: Debbie
Jones

Spoke 1 editor-in-chief Scott Masters, Krista Matisse
Victoria Pichard, Wendy Hewitt, Krista Matisse
Spoke 1 144-1509 ext. 2000, 2001, 2002, 2004
Fax 519.885.0204
Email spoke@conestoga.ca
[Web](http://www.conestoga.ca)

YOU WON'T WANT TO MAKE A GRAPPE ESCAPE AT THIS EVENT



ABOVE: Leah Brymer MacMillan (in photo at left) and Andrew MacMillan enjoy their glasses of wine at the Wine & Grapes Fundraiser Sept. 29 at the Victoria Park Pavilion in Etobicoke. Andrew won a pair of diamond earrings from a raffle table, which raised \$10,000.

ABOVE: Tonja Verburg, executive director of Monroe Place, calls for everyone's attention as she can begin the party time close on Sept. 29. All proceeds from the food and wine-tasting evening went to Monroe Place for young mothers. For more info, go to www.agapeontario.ca.

FIND A WAY TO GET INVOLVED



PHOTO BY NANCIE LAWRENCE
Students at Conestoga College enjoyed the Get Involved Fair Sept. 28 in 2016 at the Waterloo campus. The event connected students with opportunities to volunteer on campus and in the community.

PRACTISE MAKES PERFECT AT CJO



PHOTO BY NANCIE LAWRENCE
Meredith Miller (photographed from bottom left), Lindsay Scott, Casey Lawrence, and Tiffany Klimchuk, all second year radio broadcast students, present the CJO morning show on Oct. 3. Licensed at 100.3 on the FM dial, the station bills itself as the 101 cities rock alternative.

Run for the Cure



WALK OR RACE
Runners make the final push before the finish line at the CMC Run for the Cure, held at Brockton College on Oct. 1. The full aims to raise money to fight breast cancer. See video along at www.southcoastmedia.com.

When zombies invade

BY BRADLEY PARKER

Katherine Cap. Hall was filled with everything gory and grotesque for the fifth annual KCMC Zombie Walk and Halloween Expo on Oct. 1. From Elsa the Disney princess, to Frankenweenie the doggone show, zombies young and old celebrated Halloween a little early this year.

The event started as just a walk through Waterfall to raise money for different charities and businesses groups for years ago. Since then it has grown into a full day of walking, talking and soaring, with zombies tables, costume displays and costume contests. For every Halloween lover out there.

"It started with me having just a crazy idea," said Karen Andrus, executive director.

She said she called up her friend one morning five years ago to discuss the idea. From then on, lots of family and close friends worked together to create the first "Whalebone Zombie Walk." Every year since then, something has been added, and it has been twisted and perverted to most everyone's satisfaction.

This year the new additions were a new location, castle Katherine Cap. Hall, and DarkCon displays that were on the second floor.

"We tried to keep the DarkCon stuff upstairs," said Andrus. "Those displays can be a bit more gory and so much so that is why Halloween is, we still want most of it to be



Scott Bander played later at the Halloween Expo.

kindly friendly."

This year the event raised money for the Canadian Women's Foundation, which helps women and girls move out of violence and poverty and into confidence.

Andrus said she gives the proceeds to charity because she doesn't need the money, and she holds the event because it gives her a reason to celebrate her favorite time of year.

The organizers began to hold the event for many more years, celebrating Halloween with film screenings, and raising money and awareness.



Bergenrode Gossen steps into his costume impressions.

PHOTOS BY
BRADLEY PARKER



The fifth annual KCMC Zombie Walk and Halloween Expo was held on Oct. 1, bringing Halloween lovers young and old to downtown. The event also featured cotton candy, a kiosk with craft displays.

PHOTOS BY BRADLEY PARKER

ZOMBIE WALK, OCT. 15

For years now, for Halloween has not yet been invited into the Whalebone Zombie Walk on Oct. 15.

Bring your complete costumes and any purchased tickets to Whalebone for a seat. The event takes place at noon at the Whalebone Public Library and welcome new and younger participants to join.

For more information go to www.WhaleboneZombieWalk.com



Guelph rallies to protect water

BY JENN GARDNER

Around 300 citizens gathered on front of Guelph City Hall Sept. 28 before the annual meeting regarding the Nestle water deal in Abdoyle.

Craig James Gordon was in introduce a motion that would allow the community to speak about the deal at a future meeting before any decisions would be made and many wanted to share their support.

People of all ages from all different backgrounds gathered by the dozen, under the covered area in front of the building in Market Square. They listened in emotional speeches, poetry, songs and poems.

They cheered, clapped and cheered.

"Water for people not for profit," they said.

Many held signs depicting Nestle and declaring their belief that water should not be for profit by corporations, but used freely by citizens.

"We can't see much a profit horizon," said activist and poverty law-lawyer Walter Van Beekop. "I came to help raise awareness and to support James Gordon's motion. It is a mystery to see the reason, only in money, fighting for our water and for future generations, local water."

Many people brought their children to the rally, although some just sat around the

water fountains and splashing fountains. It was a little cool on the overcast day, with a light sprinkling of rain, but no one seemed to mind.

Adam Mitchell brought his son Sam, even though it was below 10 degrees, but also promised him they would get something special afterwards.

"It's strongly about bringing my son, she said. "It's really his future and that of the community at odds. We need to ensure that our children's children don't have to keep fighting this fight personally. We can't let corporate greed and pollution short-sightedness lead to water mismanagement and disaster."

Audrey Moxley one of the organizers, drink water proudly from her reusable plastic spray bottle.

"Water for people not for profit," she called out into the microphone.

Local activist leader Gary Duggan recited, sang and led people around to splash pool in a march while playing a pocket trumpet, accompanied by drums and other instruments.

Charles Borrelli recited when he addressed the protesters. He said he had been in long time aware of many people had gathered for a cause like this.

"We stand on this spot and yetted into a microscope for



Photo by Jen Gardner

Protesters carry signs while marching in Market Square in Guelph on Sept. 28. They have pledged to boycott Nestle products and are opposed to Nestle bottling water in nearby Abdoyle.

probably 10 years," he said.

Craig McAllister said he planned to attend Guelph's action and also encouraged people to join them.

Although citizens were not allowed to speak at make any

speech at the Sept. 28 event, meeting they were allowed to gather in support.

The crowd advanced quietly and remained mostly through the emotional show past the security fence.

"I want people to know that water is a human right and that we are fundamentally opposed the commercialization and privatization of water in the present. That is all," said Borrelli.

Protesters call for Nestle boycott

BY JENN GARDNER

Nestle, the Swiss food and drink company, recently had plans to sell its Nestle Waters' five-bottle water plant in Abdoyle.

The company dropped its acquisition, as announced in a previous offer made in 2010, and matched the competing offer by the Township of Guelph. Wellington could subsequently outbid the growing Guelph community. These conditions included conducting pump tests to determine if the watershed met the company's quality and quantity requirements, reported The Canadian Press.

Nestle which has brought you mouth watering candy such as Aher, Smarties, Kit Kat and Tootsie, as well as beverages such as Nesquik, Nescafe and Nesita, has put a price on its drinking water at the expense of raising future income growth.

Audrey Moxley, a third year Waterloo teacher of science and nursing student said, "It's obviously affecting a lot of people, which is bad. Something should definitely be done about it."



Photo by Jen Gardner

Craig James Borrelli addresses the crowd in Guelph City Hall about the water deal Sept. 28. Craig McAllister is shown in back.

Want to do about it but I don't know what you could do. They're obviously going to want anything that people try to do."

The corporation paid already over 100 million to a plant in Guelph, approximately 16 kilometers northeast of the Township of Guelph. Wellington, which extracts up to 14 million litres of water per day and makes

more than 52 million a year in profit. Nestle claims at places only to use the water to produce it from Middlefield Water Company on a break-up. However, Nestle did say they plan to draw up to 14 million litres of water a day which would then be treated to be sold to Guelph today.

The community which was attempting to secure a better safe drinking water supply,

is outraged. In fact, many people decided to join in a "Boycott Nestle" campaign, which urges people to stop buying or boycotting Nestle products.

The campaign was started by The Council of Canadians Canada's leading social action organization, which has 60 chapters across the country it states. "Working on local grassroots movements on freshwater and conserving water rights to treated water is important. We must not allow groundwater resources to be depleted for corporate profit."

"People shouldn't be buying water bottles anymore," said Steven Taylor in Guelph east Waterloo, advertising director. When asked if he would consider signing the pledge to boycott Nestle and their products after an audience discussion, Taylor said, "I would sign it, but would I actually never buy something from Nestle again? It's pretty important. Definitely no bottled water but I don't know about the rest of the city."

Alysa Paluszak, a Waterloo teacher of public rela-

tions student agreed the action against Nestle was not good news, although the city did not see the support as a reasonable option. "Would I refuse to buy their products ever again? Probably not. It's just that at the same time there's so many things happening that you are going to forget what you are concerned for at the time."

The pledge itself states "Nestle pays just \$3.71 per one-million litres (less than 100 per day) for the water and then charges it out at the rate, usually in hundreds of millions of single-use plastic bottles for sale all over North America — at an astronomically marked up price."

Mandy Borrelli, chairperson for The Council of Canadians told The Canadian Press the will "join in the traditional memory of the Six Nations of the Grand River, 11,000 of whom do not have access to clean running water."

If you wish to join the 2379 people who have already committed to boycotting Nestle head over to boycottnests.com



You only need one reason to quit. We have three ways to help

Smokers' Helpline has proven tips and tools to help you quit tobacco use. We have three ways for you to get free, personalized and non-judgmental support, advice and information that can improve your chance for success.

You can quit! We can help.

Phone Support



smokers' helpline

CONNECT TO QUIT

smokershelpline.ca

1 877 513-5333



Canadian Society
for Tobacco and
Cannabis Studies



© Canadian Lung Association 2012

Have a positive relationship with your body

BY JENNIFER BROWN

Mindfulness, compassion and acceptance are all you need to **achieve a positive relationship with your body.**

Sydney Bell, a social worker, counselor, "health, or crazy cat" trainer and body acceptance advocate, moved to Kitchener from London on June 1 with her husband and dogs.

"My husband and I are engaged [because] our dogs sold our house and packed our dogs in our car and drove here," she said. "We wanted a change in our lives. We wanted to live in southern Ontario."

Bell conducted workshops on body acceptance, which is about being comfortable in your skin, reviving a healthy and nonjudgmental relationship with your body. She hosts the workshops at the How and Growin' in Kitchener, a wellness centre owned by her friend.

"It's like learning. I need something open, clear and no agenda for workshops and classes," she said.

Bell and her team left Kitchener three months ago after a successful series of workshops on compassion and acceptance in what is needed to have a positive relationship with her body. Mindfulness is about being aware of oneself and the world around you, compassion is being able to forgive oneself for the negative feelings you



PHOTO BY JENNIFER BROWN

Sydney Bell, counselor and body image coach, recently moved to Kitchener and conducts workshops on body acceptance at the How and Growin' wellness centre in Kitchener.

have and accept yourself for what you are and acceptance is being able to determine what is helpful on the acceptance journey.

"I think in my own journey towards a positive relationship with my body and all

the studying and reading and learning I have done been amazing teachers, what has been helpful on that journey [are] those three things," she said.

She said her teachers were her life experiences and she

has also learned a lot from books she has read.

"There is a book called 'Mindfulness, Acceptance and Recovery' by Linda Eccles and she is just an amazing woman," said Bell. "The book is really encouraging a real acceptance

and shift the theory being if you take care of yourself in the best of your ability your weight will be at a good weight for you."

Bell said she had the opportunity to teach a workshop with Linda which was valuable to her.

She added the benefits are huge if people work on self-compassion, compassion and acceptance as those three things can help a person when they get negative thoughts and spend downward.

"Compassion gives you an opportunity to move upward instead of spiral [up downward]," Bell said adding, "practicing the tree to have a positive relationship with the body is a life-long journey. Every moment that there will be a thought that is normal to have that negative thought and they should have self-compassion instead of eradicating them unless."

"It's important to be able to offer comfort to somebody who is at that dark place. Your worth as a human being isn't determined by your outside appearance, it's determined by your very existence."

For more information on mindfulness, compassion and acceptance, to make an appointment with Bell or to find out when the workshops are conducted, visit www.sydneybell.ca.

People suffering with depression think it's their fault.

Who in their right mind would think that?

What you need to know about
depression that most people never learn to change
to stop the stigma. That may change from reading this.

Canadian Mental Health Association
MINDFULNESS
MENTAL HEALTH
MENTAL ILLNESS



HOROSCOPE

Week of October 12, 2006

**Aries**

March 21 - April 19



Don't be impulsive, either way you will run into difficult situations. Try slowing down this week and you may discover an inner wisdom you never knew you had.

Taurus

April 20 - May 20



Someone may propose to you this week, but you may need to consider the person by focusing on more pressing tasks that need to be completed.

Gemini

May 21 - June 21



You will grow apart from an old friend, but find happiness with someone you have yet to meet.

Cancer

June 22 - July 22



Life will take you somewhere where you've never been before. It could be somewhere else like a new residence, or somewhere the earth has seen since.

**Leo**

July 23 - August 22

You will be presented to gain a new position of influence in the coming weeks. Note that position you will find your self to be a positive influence among your peers.

**Virgo**

August 23 - September 22

Although you are quiet, and not always outspoken, you will be rewarded with a surprise life plan significant for your contributions.



Libra
September 23 - October 22

Expect strange visitors in these beyond normal categories on a regular basis. He also enjoys young adults novels and theater.

**Scorpio**

October 23 - November 21

Your intensity is deemed to be intimidating to those around you. That same intensity will lead you to a rare and life-changing opportunity this week.

**Sagittarius**

November 22 - December 21

You will find both failure and success in the coming week. Though a failure will cause you concern, it will only make your success that brighter.

**Capricorn**

December 22 - January 19

While your boss or supervisor will encourage your work ethic, your friends may prove to be a more resistant, or even uncooperative, the truth in a new situation.

**Aquarius**

January 20 - February 18

Freelance usually comes before a fall. Your profits are high and the fall has come. You will find yourself beginning before the end of the fall season.

**Pisces**

February 19 - March 20

Now is the time to make a decision. An answer will be provided by this week and if you don't make a choice, the choices to you will be made for you.

FUN & GAMES

On Craft

Craft is beautiful for the little things.

Useless Facts

When rowing together no two oarsmen hold on the same oar. Instead, they harmonize to ensure the blades that there are more in the water.

A single tree can absorb more than 10 lbs of CO2 per year.

The art of lacrosse helps prevent teeth decay.

Canada has the largest coast line of any country in the world.

The longest jellyfish on record measured 102 feet, which is half the length of a football field.

Sudoku Puzzle

6	5	3	8			2		
	1	6	7	3				
			5		1	6		
4	8	1	3	6		7		
	7		5	2				
5	6		7	1	4			
9		5	3			2		
	2		9					
8			1	9	7	4		

Word Search**Thanksgiving**

H	Q	E	O	H	A	C	U	N	M	U	N	E	T	H
R	H	M	R	W	N	E	I	H	O	P	C	J	E	N
D	F	E	A	S	T	B	V	O	B	D	O	P	O	H
X	H	M	N	I	F	F	U	T	S	R	C	T	S	F
M	U	O	T	I	X	E	E	I	F	I	D	E	V	K
Z	F	F	E	B	U	Q	B	G	S	H	T	J	E	H
X	X	W	A	G	E	I	U	N	F	A	D	A	S	T
X	G	O	M	L	A	M	U	J	A	R	H	T	R	U
K	Q	E	R	T	F	L	Y	K	T	I	S	A	V	E
D	H	A	C	L	E	I	D	O	S	Y	U	L	U	M
D	X	V	G	O	E	I	Y	W	O	M	D	A	T	Y
C	S	Y	A	L	G	O	N	Q	U	I	N	H	O	T
H	A	E	V	S	I	T	F	W	J	V	I	O	E	F
S	I	S	M	I	B	G	L	I	F	B	U	I	S	M
C	L	B	R	M	A	T	F	L	D	W	B	W	C	I
Q	F	F	M	Z	I	W	C	G	L	O	H	T	E	N

ALOHA
CANCER
COLORS
CORK
CORN
FALL
FRAST
FREEDOM
GRANVY
HARVEST
MAYFLOWER
FELDERS
FLYMOUHT
PUMPKIN
FURITAN
SAIL
SETTLERS
SOURK
STUPPING
THANKSGIVING
TRIBALITY
VORAGI

The play is afoot

Cambridge theatre keeps its audience coming back night after night

BY CHRISTY PEARCE

The 2009/2010 season started on a good note after the Cambridge Community Players performed *The Grouch Afoot*, a show that not only kept the audience laughing, but it kept them coming.

The play, written by Ken Ludwig and directed by Peter McElroy, is set in the 1920s, and revolves around a group of actors. Broadway star William Galtier, played by Randolph J. Johnson, leaves all of his acting trappings in his suitcase before he is almost killed on stage. When one of his players is murdered, Galtier signs on his character persona, which happens to be Blithe Spirit, in an attempt to solve the crime.

The entire play took place in the living room of Galtier's Connecticut mansion, keeping only the one room to create a multitude of scenes and atmospheres. On one wall were two portraits of all those long Galtier's discussed with Dr.

The adjacent wall, there was a decorative wall of wagons that ranged from Bessie to small buggies. Next to it, a bust of King Tut and a cobra. As the play progressed, it became clear the audience was in participation in the show.

The play is set up in the typical style of all classic plays and their histories are introduced. Many hints are given toward who the real killer is, keeping the cast guessing. The play ends with a lovely echo scene. Those quite literally at the very last second of the play, the real and unexpected killer is revealed.

What was most striking in this performance was how easily the actors slipped into their perfect film noir comedy style, complete with the pre-fight ritual, banter, expressions and twists. It was like watching a live performance of drama and Old Spice. What really helped keep that tone were the characters' costumes and makeup, which were done in a T. Interestingly,

Randolph J. Johnson looks like the last actor Robert Young, a manly, manly man, a character that added to William Galtier's odd personality.

Overall, the acting was well done, with no major major possibilities to call out. The cast worked well together which showed on stage, especially when someone would immediately say the wrong thing and others came to their aid, linking with everyone in the scene.

Many audience members left after the play with great on these lines, and others were heard making plans to come back the next night to see the same play once more.

The Grouch Afoot kicked off the 2009/2010 season. The Cambridge Community Players will do so three more plays. A Dickens Christmas, Carol Atterton, or Paul Fonsi and Don't Break for Dinner.

Tickets for these performances can be purchased at www.cambridgeplayers.ca.



Photo by Christy Pearce

Janet Duncan and Shona Bremner, who play Aggie Wheeler and Benson Bright, pose in front of the set of *The Grouch Afoot* at the Cambridge Arts Theatre after performing in the two-hour play on Sept. 26. Their next play is *A Dickens Christmas Carol*, being performed there Nov. 26 to Dec. 20.

A WORLD OF OLD AND NEW



Photo by Christy Pearce, Herald

Veronique Turner (left) with a group of her original old school drama peers at theitchener's Get-together Sept. 26 at Itchener's. For more, see www.itcheneronline.com

FREE COSTUME!
WITH PURCHASE OF CORSETTE COSTUME
OF THE SAME OR GREATER VALUE

STAG SHOP

the adult  store
stagshop.ca

Waterloo
7 King St. N

Kitchener
5 Waterloo St.
1560 Victoria St. N

Cambridge
561 Hospital Rd.

Healthy
WEIGHT
ACTION PLAN



Want to lose weight for life?

Try the Heart & Stroke
Healthy Weight Action Plan™



PHOTO BY MATT GRIEVE

Laura Rumpf, the Condors' backstopper, waits for the perfect pitch during women's softball action on Sept. 29.

Softball team's season a hit and miss

BY KELLY LINDNER

Cool, moist, and cool and dry, fields around the Foothills might softball.

Last year as students may remember, Conestoga's women's softball team made it to the Canadian Collegiate Softball Association (CCSA) National Championships for the first time. In a quick rebirth, the CCSA championships only swept right out of over 80 university and college women's teams Canada. The women's team earned a spot after finishing second in the Ontario Colleges Athletic Association provincial championships.



An interesting contrast to the state of mind of Conestoga's softball team on the one side of the field was the wild cheering of the Paloma fans on the other.

The stands and the area around the field were packed. From the Field Park bleachers to the distant hills from both the London and Waterloo areas was gathered for the same purpose.

"I just thought we'd make some local college softball," said Colleen Holloway, a senior fan who said if he had to pick, he would cheer for Paloma. In the second game, the score was tied 3-3 in the fifth inning. However, the atmosphere changed and Conestoga took the lead in the ninth inning, scoring four runs. The team didn't do as well against Waterloo College on Oct. 2, losing 10-1 and 11-3 to the Hawks.

The team plays again tomorrow against Paloma at St. Jacobs Park in Waterloo. They play again at home on Oct. 18 at 1 and 3 p.m. at Foothills Park.



A scrum is formed by players from Conestoga's men's rugby team and the Waterloo Grizzlies during a game on Oct. 11. A scrum is formed after the ball has gone out of play or there has been an accidental infringement. The Grizzlies won the game 46-37.

It's time to sign up for winter intramurals

BY ANDREW REED

The school year is now well underway, and so are all of Conestoga's intramural sports leagues.

Most sports are taking place on the newly renovated intramural courts with the exception of hockey which is played at the Annex, specifically on London Lewis Way in Waterloo.

With eight sports to choose from, students looking to get more exercise than students normally had some choices on how to go about doing that.

Students choose dodgeball and volleyball, followed by basketball and ball hockey on Tuesdays, flag football and hockey on Wednesdays and then soccer and squash on

Thursday nights

Anyways, who cares regarding on September can still sign up for the winter semester courses, which will also feature all of the current winter sports.

Even students with packed schedules can participate thanks to all sports being scheduled to finish by 10 p.m. The one exception is that as hockey due to it being played afterwards.

Robert van Tassel, a fourth-year architecture design student, wishes that was not the case.

"I love playing hockey every year, but I've always been too tired to say that I would like to be it would be pretty nice if they could kind of make it up a few hours so I don't actually wake up early the

next morning," he said. Hockey is also the one sport which costs money to register for with a \$100 registration fee required to play.

Intramurals are open to all full-time students at both Doce and Cambridge campuses. If students are part-time or attend another campus, they can purchase a recreation centre membership which enables participation for intramural programs.

Conestoga's intramural recreation co-ordinators encourage any and all students to come out and enjoy the competition.

According to these officials, "Intramural sports give you the opportunity to make new friends, stay active and renew your college experience."



PHOTO BY ANDREW REED

You will need your OHIP card in order to get in the Waterloo Recreational Centre's brand new intramural, Student Jumps. Whether participating in intramurals or just going to work out, remember to keep it with you.